

CLAIMS

What is claimed is:

1 1. A program for monitoring cumulative fitness activity
2 for a user, residing on a computer usable medium having
3 computer readable program code means, said program
4 comprising:

5 means for receiving at least one type of exercise
6 indicator signal associated with exercise performed by a
7 particular user from a particular exercise machine in a
8 common transmittable data format at a portable computer
9 system provided by said particular user; and

10 means for computing and storing current cumulative
11 fitness activity for said particular user at said
12 portable computer system utilizing said at least one type
13 of exercise indicator signal and previously stored
14 cumulative fitness activity data from prior exercise by
15 said particular user at a plurality of diverse exercise
16 machines, such that said portable computer system
17 associated with said particular user monitors the real-
18 time cumulative fitness activity of said particular user
19 from said at least one type of exercise indicator signal
20 currently received from said particular exercise machine.

1 2. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for receiving said at least one type of
5 exercise indicator signal in an extensible mark-up
6 language data format.

1 3. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for receiving exercise indicator signals
5 indicating exercise performed by a particular user from
6 monitoring systems that monitor exercise indicator
7 signals for said particular user independent of said
8 particular exercise machine.

1 4. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for receiving exercise indicator signals
5 indicating exercise performed by a particular user from
6 user input to an input interface coupled to said portable
7 computer system.

1 5. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for computing said current cumulative fitness
5 activity according to said at least one type of exercise
6 indicator signal, said previously stored cumulative
7 fitness activity data, and personal data for said
8 particular user.

1 6. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for computing said current cumulative fitness
5 activity according to said at least one type of exercise
6 indicator signal, said previously stored cumulative
7 fitness activity data, and additional health factors
8 detected for said particular user at said portable
9 computer system.

1 7. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for computing said current cumulative fitness
5 activity according to said at least one type of exercise
6 indicator signal, said previously stored cumulative
7 fitness activity data, and environmental exposure
8 detected for said particular user at said portable
9 computer system.

1 8. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for distinguishing storage of said portion of
5 said current cumulative fitness activity computed from
6 use of said particular exercise machine.

1 9. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for retrieving said previously stored
5 cumulative fitness activity data by distinct sessions of
6 exercise performed by said particular user across said
7 plurality of diverse exercise machines.

1 10. The program for monitoring cumulative fitness
2 activity according to claim 1, said program further
3 comprising:

4 means for prompting said particular user, at said
5 portable computer system, to utilize said particular
6 exercise machine according to a predetermined exercise
7 schedule for said particular user.